



Volunteer's Voice

May 2020

Mammoth Hospital Auxiliary is a fellowship of volunteers dedicated to supporting each other, the hospital, its patients and the community.

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Treasurer's Report

Diane Beglau

March 1—31, 2020

Revenue:

Cast Off	*9,938.92
Rental	1,218.29
Donation Jar	23.00
Interest Income	4.47
Total Revenue:	11,184.68

*Due to COVID-19, Cast Off was open only 7 work days

Expenses:

Cast Off	**29,313.45
Total Expenses:	29,313.45

**Includes property taxes \$10,557.28 and installation of security system \$8,532.48

Net Income: -18,128.77

Union Bank: 112,840.84

Money Market: 70,544.25

EasternSierraCommBk 30,816.78

President's Message — Judy Bornfeld

Greetings to each of our Auxiliary members and friends

WOW, I'm sure we still can't believe that our world is going to be dealing with this COVID 19 crisis for the long term. We hope and pray that this deadly virus doesn't harm any one of us or our families and friends. It's scary out there. I believe that we are very blessed that we are living in small communities and not a BIG city! I know we need to be very careful and diligent with our safe distancing, wearing masks and gloves and washing and sterilization of our hands and not touching our faces...it's our new routine and reality.

In last month's newsletter, we talked about how the current health crisis has created an immediate need at our hospital for supplies and equipment to combat COVID-19. We have great news in that we've been successful in working with Tom Parker, Mammoth Hospital CEO, and Andrew Crosby, Hospital Purchasing Agent, to determine exactly what the hospital needs most at this time and what they can actually buy. Our remaining 2019-2020 Capital Outlay balance is \$109,352.81. It was budgeted for updating the Call System in the Emergency Department. In light of the current health crisis, this could be moved to the 2020-2021 budget. The money is needed more urgently for supplies and equipment for the hospital's COVID-19 response. We are asking the membership to approve redirecting the money to purchase the items shown on page 3. This has been quite a challenge but, with great teamwork and investigating, I believe that this challenge and the

solutions will definitely make our hospital even a better and safer place for our communities and hospital employees. They are doing the most amazing job at educating and caring for our communities too!

We will not be holding our Annual Blood Drive in May. But, just a reminder, if you are healthy and are able to donate blood, please do. The blood banks are in short supply. Donate if you can! Also, our Annual Meeting, Installation & Appreciation Luncheon on July 8 is on hold for now.

Obviously, the Cast Off is still closed, with no idea when we'll be open again. We've been very fortunate in the fact that we haven't had to deal with dumping and donations. Scott, Karen and Roger have been checking on the store daily. Giant Thank You's to the 3 of you. You are the Best and greatly appreciated!

Please, all of you be safe, take care and most of all enjoy each other with distance. I miss seeing your faces and the wonderful energy that you each give and share.

Distant Giant Hugs, Judy



Hospital News — Tom Parker, CEO



As you know, the focus of our work right now is centered on COVID-19. Our Hospital Incident Management Team (HIMT) has been meeting since March 2. The goals guiding our work have been:

1. Plan for surge with increased capacity.
2. Prevent the hospital from being a transmission vector.
3. Educate and advocate for actions that flatten the curve.

We have put in place many plans and actions to accomplish these goals. These plans have been developed by and in counsel with front line staff and department managers. I am most grateful to everyone in the HIMT and throughout the organization for quickly developing and implementing plans to meet our goals.

We have developed over 40 plans that are now being put into practice. We are now working on modification to our plans to unwind what we have done in a phased approach. This internal operational work will be in concert with the overall Reopening Plan that will be developed through a group that Frank Frievalt (Incident Commander for the County Incident Operations Command) and I are standing up. Here are some considerations for goals regarding this group:

1. **Avoid a second wave** that puts us back to where we were before the first wave. If we reopen somewhere along the backside of the first wave we will see spread start again, but this time from a base of cases in the community and with transmission potential that is higher than if we were to start reopening steps from the bottom of the first wave. It appears that the midpoint of the backside of the first wave and the low point at the end of the first wave are about 7-10 days apart.
2. **Provide hope that comes from strategy.** The public, and especially local business owners, need some light at the end of the tunnel. Even if it is

fuzzy. We need to provide them with assurance that a plan is being developed that will:

- a. Be phased in its approach.
 - b. Include an initial phase of easing of physical distancing measures that is long.
 - c. Include a bias for action. For example, we need testing, tracing, and isolation protocols to help us contain transmission with the easing of physical distancing measures.
 - d. Be well defined. I have created a dashboard (attached) from the American Enterprise Institute's paper "National Coronavirus Response: A Road Map to Reopening."
 - e. Contain clear instructions for the public and businesses on steps they need to take such as restaurant table spacing, mask use, customer physical distancing while in a store, etc.
3. **Stand up our economy no later than necessary.**
 4. **Develop plan flexibility which can respond to:**
 - a. Virus spread and a possible second wave.
 - b. State requirements and federal guidelines for reopening.

Our team has done an outstanding job on getting us ready for surge. One of the concerns for hospitals and healthcare workers across the country has been the supply of PPE. Our PPE supply plan has focused on preservation and acquisition. We have set for ourselves the goal of having at least 60 days supply of PPE (and other supplies) at peak demand. I am pleased to report that, with the exception of shoe covers, we are meeting that goal.

Sunshine Update — Sharon Clark

**The best possible news is
that as far as I know
.... everyone in MHA
is COVID-19 free~~!!**



COVID-19 Capital Outlay Request

Our Capital Outlay Guidelines require membership approval of all purchases. As Judy explained in her President's Message, we are requesting membership approval to redirect the remaining 2019-2020 Capital Outlay funds of \$109,352.81 to the purchase of the supplies and equipment listed below. Your consideration and approval are requested. Please email your reply to mammothhospauxiliary@gmail.com or call Judy at 760-937-4387 or Jan at 760-937-0467 and leave a message by Friday, April 24 .

From: Tom Parker <Tom.Parker@mammothhospital.com>
Date: April 11, 2020 at 1:29:37 PM PDT
To: Judy Bornfeld <snestle@msn.com>
Subject: Repurposing of Auxiliary Contribution

Judy,

I want to again thank you for your idea of redirecting the Auxiliary's contribution to the hospital from the nurse call project to the purchase of supplies and equipment for COVID-19 response. I understand that you would like to have a request from me in support of that change.

I ask that the Auxiliary redirect its funding of the nurse call system to cover costs of the hospital's COVID-19 response. Specifically, I ask that Auxiliary funds, in any amount deemed appropriate by the Auxiliary, be used for the acquisition of ventilators, oxygen concentrators, tubing sets, UV light decontamination units, and personal protective equipment (masks, head covers, face shields, gowns, scrubs, foot covers, and hand sanitizer).

Thank you very much for your dedication to the hospital! Thanks too for allowing us to use the Cast Off for our donation drive. It is wonderful to know of your heart-felt and financial support of the work we do. I know you have our back!

With gratitude,
 Tom Parker, CEO

Proposed Auxiliary Ventilator Purchase

	Quantity	Cost	Extended Cost (shipping included)
Hamilton T1 (Ventilator)	2	\$ 24,441.06	\$ 48,882.12
Crossvent 3+ (Ventilator)	5	\$ 9,668.15	\$ 48,340.75
Case of Circuits for Crossvents	1	\$ 620.00	\$ 620.00
Caire Companion 5 (Oxygen) Concentrator	7	\$ 727.14	\$ 5,090.00
Surgical Masks	6,000	\$ 0.73	\$ 4,407.19
Cepheid SARS-CoV-2 Tests	6	\$ 523.25	\$ 3,382.81
		Total	\$ 110,722.87
		Proposed Auxiliary Donation	\$ 109,352.81



What's Happening @ the Cast Off?



Notes from the Cast Off — Karen Curry

Early on, since Judy and I decided to close the Cast Off, there were things that needed to be done. I conferred with Scott and we decided to cut trash pickup from 7 days/week to 2 days/week.

An annual required inspection of the fire sprinklers and all safety signs/equipment was already scheduled right after we closed so Scott asked Roger and me to be there as he had to take a client to Reno Airport. The inspector came from Sparks and we donned our protective gear, as did he, and it took about two hours. Roger worked on the lift and I emptied holiday totes that were stacked all over the mezzanine upstairs.

We still get some donations but it's mostly bags and boxes, maybe two or three days a week. Again, protective gear and some is taken in but most is thrown away. Luckily, no furniture has been dumped! Roger is doing all of this.

Also, one Tuesday morning early in our shut down, Scott asked me to declutter the kitchen so Salvadore could do some deep cleaning and sanitizing later that day. It didn't take long and I got rid of a lot of clutter!

During our closure, bills still have to be paid, so from time to time, Diane will email me and say that checks are in her mailbox. I go over, don my protective gear and sign checks.

And, so it goes!

News from Each Day

Monday—Karen Curry

Karen emailed the Monday crew to see how we're all faring. She and Roger are staying busy with house projects. Roger refurbished a Samsung washer/dryer set that he bought months ago in Sparks. When they were perfect and working, "we hauled each one upstairs and nearly killed ourselves!" The old washer died so Roger broke it down in our bedroom into parts and hauled it

away. We sold the dryer on Facebook a couple of days ago and the buyer came with mask and gloves to pick it up! Read more on page 6 about their ambitious projects.

Barbara and Dennis are doing what Mammoth wanted and staying away. They're back in Palm Desert now, after a month in Baja California, Mexico. They miss everyone and hope to return in May.

Cindy was glad to hear from the Monday Cast Off crew and misses everyone and is looking forward to volunteering together again!

Jan and Don are both fine and laying low, trying to keep Don healthy until his outpatient surgery can be rescheduled. She said that without Mondays at the Cast Off, it's difficult to know what day of the week it actually is. She's also bored silly and taking it out on the refrigerator.

Tuesday—Shirley Parker

We are in need of masculine masks and kids masks. Can some of the ladies that sew make this happen? I know we have material at Cast Off...

Thursday—Sharon Clark

I rue the day that Cast Off opens. Everyone in town is cleaning out cabinets, files, closets we will need ALL hands on deck at CO to deal with influx of 'stuff'...

Ya know how ya put off things...and put them off...until they are no longer priority?? Well, as our older daughter began approaching her 50th birthday, I decided "It's NOW or NEVER" to begin/finish her baby scrap book. She got it for her 50th birthday. I'm now working on our younger daughter's baby-scrapbook. She's only 48 ... so I have time.

Thursday Team is hanging in there. We send a sorta round robin email around every Thursday for updates. We're all well...staying home and staying safe. We trust ALL Volunteers are doing the same.

Historian's Book 2019-20

Were you out and about skiing, hiking, golfing, traveling, etc. prior to "QUARANTINING?" Did you take any pictures? Please keep Penny Burdeno, the Auxiliary Historian, in mind. Pictures of our members having fun adds real interest to the yearly album. Articles and photos can be dropped in Jan McPherson's mailbox at the Cast Off or emailed to Penny at ppburdeno@aol.com. Thank you for your help.

Pictures of us "QUARANTINING" can be fun too as a reminder in future years of what we went through in 2019-2020!

Hospital Collects Medical Equipment from Our Community – Karen Curry

Kathy Romagnino, Education Coordinator at the hospital, contacted me about using the Cast Off parking lot to collect medical supplies badly needed for the hospital. I met her at the Cast Off and gave her a key to the store. We both wore protective gear and social distanced! Beyond that, I was not involved. Kathy did advertising on Facebook, Buy, Sell and Trade and also advertising on the radio. The drop offs from the community occurred between March 27 and April 3, on four different days for only two hours each day. Hospital workers set up cones in our parking lot directing donators in a circle so they never had to leave their car! Hospital workers took the donations out of their trunk and they were placed in new totes that the hospital purchased. All donations were stored in the Black Bag room and the room has now been emptied. It's really a good feeling when we can help our hospital which is so overwhelmed right now.

From Kathy Romagnino

We used the Cast Off for the Community Drive to collect masks, gloves, and vacuum cleaner bags on 3/27, 3/30, 4/1 and 4/3. We mainly used the parking lot so people could drive in and make donations. We stored what we collected at the Cast Off until our Purchasing Department could collect the items. The Community Drive was staffed by me, Dora Guzman and Diana Cueto from the Dental Clinic and Jim Bold from the Specialty Clinic. Lenna Monte and Carly Trainor helped us on the first day. We collected 38,634 gloves, 599 masks and a whole huge bin of vacuum cleaner bags. It was way more successful that I thought it would be. Since 4/3, Mammoth Community Foundation has taken over collection of all personal protective equipment. I would highly recommend that any of your members who are on Facebook "like" the hospital page. They have been posting some great info and videos from our docs.



Dora welcoming donors



Dora, Kathy and Diana suited up and ready to take donations

ANNUAL MEETING

Hard to believe that our fiscal year-end is just around the corner. Mark your calendar for Wednesday, July 8 for our Annual Meeting, Installation & Appreciation Luncheon. As of now, it's uncertain just how we will hold the meeting. We have to elect our officers for the new year so some form of meeting will be held. It could be as extravagant as in previous years or as simple as a picnic. At the very least, we can hold an electronic meeting as designated in our Bylaws, Section 9.8 Authority for Electronic Meetings.

So mark your calendar and save the date—Wednesday, July 8. More information in next month's newsletter.

Day 34 of Isolation — Karen Curry

The first couple of days of staying home were like, "what am I going to do?" Boredom set in quickly! We've had some big projects here at home that have been on the back burner for a long time, so we decided to tackle them!

First on the list was our staircase railing which had never been finished since we built our house. New lumber, fitted, sanded and painted, plus heavy-duty rebar painted black gave the look we wanted. Roger did almost all the work and I was the cleanup crew. It really added a lot to the stairway and it's safe and functional, too.

A few months ago, our front-loading washer upstairs was acting up and we knew it was going to go out and it finally did. So, Roger bought a used Samsung washer/dryer up in Sparks and we stored them at our hangar at the airport. They were dirty and the dryer didn't work. Roger not only repaired it but also did the propane conversion. Lots of cleaning supplies later, it was now "moving" day! Both pieces have pedestals, so Roger took them off. We have a refrigerator dolly, so the washer was first, Roger pulling from the top and me with my back into it from the bottom! We almost killed ourselves. Next, the dryer, same thing, one stair at a time. A large cabinet had to be removed just to get the old set out and new one in. Roger reattached the pedestals and many hours later, we had a working set. We moved the old dryer to the garage and the old washer was disassembled in our bedroom and taken down in pieces! Trip to the dump. I sold the dryer on Facebook and both parties wore protective gear and practiced social distancing!

Third huge project is now in progress. When we built our house, the framer installed Trex for our two upper decks. Well, we got a bad "batch", and it all turned to cornflakes. I filed a claim with Trex and was awarded \$7,000 worth of new decking! It's been sitting in our garage all winter. Roger has torn the front decking off and more trips to the dump. We're figuring 4 - 6 weeks to complete this project.

In between helping Roger, I've been working on pictures on my computer. I figured out how to get the "Cloud" on my laptop making it easy to move photos from my iPhone/iPad to the computer! I'm also Photoshopping all of them.

Both Roger and I have enjoyed this time together and we are eating good and I'm actually baking! But we feel especially bad for those who have been affected by this terrible virus and just hope this will pass soon. We wish all of our dear friends good health always.

I don't think anyone expected that when we changed the clocks we'd go from Standard Time to the Twilight Zone.

This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog. We laughed a lot.

Year-End Reminders

Officers & Committee Chairmen:

-) Your year-end reports are due to Judy Bornfeld by June 15.
-) Budget requests are due to Diane Beglau by May 1.
-) It's also time to review your job descriptions and give any updates to Jan McPherson.



ANNUAL REPORTS NOW DUE!

All Members:

Please make sure your volunteer hours are up to date and turned in to Susy Fontana by June 30. Any turned in after that date will be applied to the next fiscal year.

May is ...



Birthdays for May

- 5/1 Jim Lemon
- 5/11 Sterling Claus
- 5/14 Etelvina Garcia
- 5/17 Barbara Campbell
Pastor Toledo
- 5/21 Linda Bucknam
- 5/22 Yolanda Garcia
- 5/25 Shannon Clark
Kayla Knadler
- 5/28 Al Heinrich
- 5/29 Barbara Boyd

Every year in May, Older Americans Month recognizes the contributions of older adults across the nation. The theme this year is “Make Your Mark.” It was selected to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year’s theme highlights the difference *everyone* can make – in the lives of older adults, in support of caregivers, and to strengthen communities.

While raising families and building careers, older Americans also gave back to their communities in a variety of ways. In their lifetime times have changed and they continue to volunteer and serve their neighborhoods in their own ways. Whether they mentored child, volunteered at a soup kitchen or served their country, each one deserves recognition for their commitment.

Older Americans Month also serves to raise awareness concerning elder abuse and neglect. As we age, the risk of abuse and neglect increases. We must be sure resources are in place to protect our older population from the risks of abuse and neglect. One way is to maintain involvement in community activities and social activities. It helps to maintain our overall health and vitality.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.” Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

The population age 65 and over has increased from 37.8 million in 2007 to 50.9 million in 2017. It is projected to reach 80.8 by 2040 and 94.7 million in 2060. The educational level of the older population is also increasing. Between 1970 and 2018, the percentage of older persons who had completed high school rose from 28% to 87%. More than one-quarter had a bachelor’s degree or higher.



There are 8,000 baby boomers in the United States turning 65 every day.

What Else is Happening in May?

May 1: National Loyalty Day

Loyalty Day was first celebrated in the 1920's. Communism was on the rise and feared in America. At the time, May Day (May 1) was perceived by some as a Communist holiday. In a sense, Loyalty Day was intended to counter this. The U.S. Congress made this an official holiday on July 18, 1958 with the signing of Public Law 85-529. Then President Dwight D. Eisenhower, proclaimed May 1, 1959 the first official observance of National Loyalty Day.

May 2: Kentucky Derby

The "The Run for the Roses" is America's premier horse racing event. In 2019, the 145th Kentucky Derby made history by disqualifying the first horse that ran over the very muddy finish line. A horse named "Maximum Security" had technically finished first, but afterwards was determined to have caused interference to other horses and was disqualified. As a result, a horse named "Country House" with odds of 65-1, was declared the winner of the race. According to Las Vegas Journal, this was the second highest payout in the race's history. There is a rule that allows the riders to submit objections following the race if they feel they or other horses have been interfered with while running the race. A team of 3 Kentucky Derby stewards review the complaint. If they find there was interference, and it was severe enough, they can disqualify the horse's win. This is what happened. After a 20-minute review, they agreed with "Country House's" rider, who filed the complaint, that there was an interference. Chief steward Barbara Borden said the decision to disqualify "Maximum Security" was unanimous and that the video showed him affecting three horses — War of Will, Long Range Toddy and Country House — with his drift off the rail. This has never happened before in the history of the Kentucky Derby.

May 5: Cinco de Mayo

Everyone knows what Cinco De Mayo means: tacos, margaritas, fun and fiesta. But did you know that, without what happened on this fateful day, the United States may not have existed as we know it today? Cinco de Mayo commemorates the Mexican army's unlikely victory over the French forces of Napoleon III on May 5, 1862, at the Battle of Puebla. The battle served to lift the spirits of resistance forces and helped them to gain an alliance with the Americans to successfully make Napoleon's forces withdraw. Since it is believed the French would have likely aided the Confederacy at the Civil War, Mexico's resistance likely changed the history of the United States. Cinco de Mayo is a celebration of Mexican-American culture. Celebrations began in California, where they have been observed annually since 1863.

May 6: National Nurses Day

At the end of the 19th century, "The Lady with the Lamp"—or as she is more widely known, Florence Nightingale—founded modern nursing. Thanks to her strict use of hand washing and hygiene practices while caring for wounded soldiers in the Crimean War, she and her helpers reduced the death rate from 42% to 2%—ushering in nursing as we know it today. On May 6, we recognize the important role nurses play in our lives by celebrating National Nurses Day. It provides recognition to nurses for their contributions and commitment to quality health care. It brings awareness to the importance of nurses in the care, comfort, and wellbeing of all of us, especially children, the aging, and those in poor health. With over 3 million working nurses in the US today, nurses make up the highest percentage of the US healthcare workforce. National Nurses Day is the perfect opportunity to show our appreciation for their important work—particularly this year!

May 8: National Outdoor Intercourse Day

Webster defines intercourse as "to communicate" and today is National Outdoor Intercourse Day. It's a day to get out in the great outdoors and "communicate." This special day seems most popular in the Pacific Northwest where it originated on the college campus of Washington State University. It doesn't take much encouragement to prompt most people, and especially college students, to participate in this day. It began around 2015 when Washington State University banned blankets from the grounds of the campus for fear that they would be used "for reasons other than picnicking." Bad decision. Tell that to a bunch of young college students and it doesn't take a rocket scientist to guess how they would react. Note: The activity for this special day is not intended for public viewing. Judging and prizes are not awarded. But participants report that excitement over the risk of getting caught or seen heightens the enjoyment.

May 10: Mother's Day

Everybody has a mother and absolutely no one is more special than mom. Sure, dad is really important, and grandparent's too. But moms, well they are just the greatest. Often taken for granted, they are always our strongest supporter. You can't do wrong in Mom's eyes. When you are hurt, or not feeling well, there is no one else that can help you more than Mom.

May 15: Police Officer's Memorial Day

Police Officer's Memorial Day honors and remembers police officers who gave their lives while on duty. Police officers protect us 24/7 every day of the year. It's a dangerous job and they know they are putting their lives at risk to make and keep us safe. Police officers know the risks and accept them. Sometimes, they pay the ultimate price. Please show our respect and appreciation for police officers everywhere, today and every day.

May 17: Pack Rat Day

Calling all hoarders. This day was created expressly for you. If you are a Pack Rat, you're in good company. Many of us are hoarders, and some of us don't even realize it. We hoard our belongings well past their useful life for any number of reasons. It's that favorite sweater that has seen too many winters. It's that second toaster oven. You never know when the new one might break. What about the old vinyl record collection? You know that someday they'll have antique value. You can't get rid of them! It's really easy to let things pile up. After all, each item you acquire along the road of life may have value or serve some meaningful purpose. Making the decision to discard something of even remotely questionable value, is difficult, if not impossible to do. Why? Because most of us really are pack rats.

May 25: Memorial Day

Memorial Day is officially celebrated on the last Monday during the month of May. Memorial Day is dedicated to service men and women who gave their lives for freedom and country. It is also a time to remember loved ones who have passed away. The roots of Memorial Day observances go back to 1865 and the end of the Civil War. We can follow Memorial Day tradition by attending a parade, visiting a cemetery to honor and remember our servicemen and women, and taking time to remember lost loved ones.

May 25: National Wine Day

Crack open a bottle. Today is National Wine Day. People have been drinking wine since the early days of man and woman. There are plenty of references to wine in the Bible. Wine has thankfully been around for thousands of years. There are many varieties of grapes, giving us the opportunity to make and enjoy hundreds of different varieties of wines. While you don't have to drink wine today to celebrate this day, it certainly would not be as much fun. Have a glass or two of wine. Go on a winery tour. Have a wine variety that you have never tried before.

May 30: Mint Julep Day

Today is Mint Julep Day. It's a day to enjoy and savor this frosty and refreshing southern classic drink. A Mint Julep is bourbon-based although there is a gin-based version. It originated and is very popular today in areas south of the Mason-Dixon line in the United States. Considered a sign of hospitality, Mint Juleps were first served in the early 1800's on Virginia plantations. It quickly spread in popularity across the south. In 1850, Kentucky Senator Henry Clay introduced it to Washington, D.C., at the Round Robin Bar. Traditionally, Mint Juleps were served in silver or pewter cups, and held only by the bottom and top edges of the cup. This allows frost to form on the outside of the cup. Perhaps they are best known as the official drink of the Kentucky Derby. Over 120,000 Mint Juleps are served at the two-day "Run for the Roses" event.

Tales from the Quarantine Files

Practicing social distancing can leave many of us feeling like we have way too much time on our hands. "Netflix and chill" has lost its thrill (Google this if you don't know what it means), board games have become bored games, the NBA is MIA. Here's what a few of our members and locals have been doing. Most activities seem to involve adult beverages! Names have been omitted or disguised when requested.

"I turned to Google Hangout to host a digital happy hour with a few friends. That turned into 45 friends, and then over 60 once others invited friends of their own. Guests had to be someone who wouldn't take it too seriously and would be willing to drink wine and talk to a bunch of people they didn't know. I knew everybody was home alone, bored or scared. In addition to copious amounts of wine, there was a silly game called "Who's That?" I held up photos of celebrities to the laptop's camera, and players earned points by being the first person to correctly type the subject's first and last name in the chat section of the Hangout window. We've decided to continue happy hour every Friday." Name withheld by request

"Had cocktail hour last Friday with friends on Zoom. We polished off the whole bottle of wine in no time. This is good. No one has to drive home!" L.H.

"Hosted book club via Zoom. Not as much fun as the real thing, but still good. So was the wine!" Miss M

"Been living in same clothes for 3 weeks. I just shower in them so I don't have to do laundry." Mountain Man

"They say that in a good relationship you never stop learning about each other. Being quarantined together indefinitely has a tendency to provide plenty of new material for even the closest of long-term partners. No matter how long a couple has been together, being cooped up 24/7 in these unprecedented quarantine conditions is bound to reveal new insights into who your partner is when you're normally not looking. Now spending literally every waking and sleeping moment together, partners are privy to new sides of each other! I may have to rethink retirement." Mrs. Having 2nd Thoughts

"Going to Vons is like getting a Get Out of Jail Free Card. I get to see real people, although it's hard to recognize each other wearing masks. Even my phone doesn't recognize me in a mask. I was waiting in line (6 feet apart of course) and held my phone to my face and it didn't know me. I was nonplussed, and then started laughing when I realized why. Good laugh for everyone in line too!"Jan

“COVID Comics”



15 days containment I'M FINE
THANK YOU

AFTER THE
QUARANTINE



Husband: One nice thing about the quarantine is we haven't been out spending money.

Wife: (clicks add to cart) So nice.



So you're staying inside, practicing social distancing and cleaning yourself?



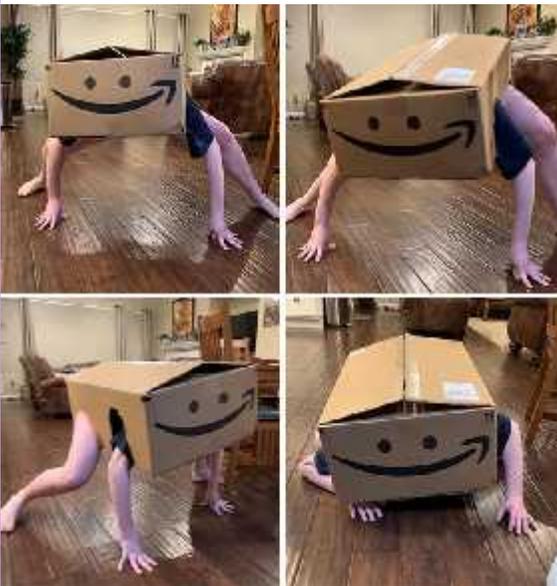
Congratulations! You've become a house cat.



Does anyone know how long toilet paper will last if you freeze it?

You think it's bad now? In 20 years our country will be run by people home schooled by day drinkers....

Imagine surviving all that unprotected sex just to die from an unprotected handshake



YOU THOUGHT DOGS WERE HARD TO TRAIN?
LOOK AT ALL THE HUMANS THAT CAN'T SIT AND STAY

DUE TO MY ISOLATION. I FINISHED 3 BOOKS YESTERDAY. AND BELIEVE ME. THAT'S A LOT OF COLOURING.

Anyone else's car getting 3 weeks to the gallon at the moment?

So, I was sitting on the couch and my husband sweetly whispered... "The best part about all of this is that I get to spend more time with you". As I looked over at him lovingly, I realized he was talking to the dog

For Your Funny Bone!

Homeschooling is going well. 2 students suspended for fighting and 1 teacher fired for drinking on the job.



Day 5 of Homeschooling: One of these little monsters called in a bomb threat.

Day 6 of Homeschooling: My child just said "I hope I don't have the same teacher next year".... I'm offended.

Day 7 of Homeschooling: They all graduated!

My Self-Isolation Quarantine Diary:

Day 1 – I Can Do This!! Got enough food and wine to last a month!

Day 2 – Opening my 8th bottle of Wine. I fear wine supplies might not last.

Day 3 – Strawberries: Some have 210 seeds, some have 235 seeds. Who Knew??

Day 4 – 8:00 pm Removed my Day Pajamas and put on my Night Pajamas.

Day 5 – Today, I tried to make Hand Sanitizer. It came out as Jell-O Shots!!

Day 6 – I get to take the Garbage out. I'm So excited, I can't decide what to wear.

Day 7 – Laughing way too much at my own jokes!!

Day 8 – Went to a new restaurant called "The Kitchen." You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.

Day 9 – I put liquor bottles in every room. Tonight, I'm getting all dressed up and going Bar Hopping

Day 10 – Struck up a conversation with a Spider today. Seems nice. He's a Web Designer.

Day 11 – Isolation is hard. I swear my fridge just said, "What the hell do you want now?"

Day 12 – I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.

Day 13 – If you keep a glass of wine in each hand, you can't accidentally touch your face.

Day 14 – Watched the birds fight over a worm. The Cardinals led the Blue Jays 3-1.

Day 15 – Anybody else feel like they've cooked dinner about 395 times this month?

Bon Appétit!

This bread is good if you're lucky enough to find yeast.

No-Knead Bread

1½ cups warm water (105 to 115 degrees)

1 tsp. active dry yeast

2¾ cups bread flour *

2 Tbsp. sugar

2 Tbsp. olive oil

1½ tsp. salt

In a 2-quart oven-going nonstick pan stir together the warm water and yeast until yeast is dissolved. Stir in remaining ingredients until combined. Cover and let stand in a warm place for 1 hour then stir. Cover and chill overnight.

Uncover and let dough stand at room temp for 30 minutes. Preheat oven to 425°F. Bake in pan, uncovered, about 40 minutes or until top is golden, bread sounds hollow when lightly tapped, and an instant-read thermometer inserted in the center registers 200°F. Immediately loosen sides of bread from pan and transfer to a wire rack to cool.

For a traditional loaf-shape bread, use an 8x4x2-inch loaf pan. Line loaf pan with parchment paper. Mix dough in a bowl and transfer to loaf pan. Cover with greased foil for standing and chilling. Bake about 35 minutes rather than 40.

***Bread flour** is a high-protein flour that typically contains between 12 and 14% protein and is designed for baking yeasted breads. The high protein content means that bread flour has more gluten in it, which makes the dough more elastic and light and results in a chewy and airy texture when baked. With a lower protein content, all purpose flour isn't able to create enough gluten to give the dough the light and elastic texture that you need to create good bread dough.

Editor's Note: I used all purpose flour and bread was OK. All gone while still warm!

Half of us are going to come out of this quarantine as amazing cooks. The other half will come out with a drinking problem.

I need to practice social distancing from the refrigerator.

PSA: every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.

Newsletter articles are due the by the 15th of each month. Drop them in Jan McPherson's mailbox at the Cast Off or mail/email them to her at PO Box 2859, Mammoth Lakes, CA 93546, scoutdj1967@gmail.com

Dates to Remember

May 5, Tuesday	Cinco de Mayo
May 7, Thursday	*Cast Off Committee Meeting, 3:30 p.m. at the Cast Off
May 10, Sunday	Mother's Day
May 13, Wednesday	*MHA Board Meeting, 10 a.m. at the Cast Off
May 22, Friday	*Cast Off Work Day, 10 a.m.
<u>May 25, Monday</u>	<u>Memorial Day</u>
June 4, Thursday	*Cast Off Committee Meeting, 3:30 p.m. at the Cast Off
June 6, Saturday	D-Day
June 10, Wednesday	*MHA Board Meeting, 10:00 a.m. at the Cast Off
June 21, Sunday	Father's Day First Day of Summer
June 26, Friday	*Cast Off Work Day, 10 a.m.
<u>June 30, Tuesday</u>	<u>Last Day of our Fiscal Year</u>
July 1, Wednesday	Start of New Fiscal Year – Membership Renewals Due
July 2, Thursday	*Cast Off Committee Meeting, 3:30 p.m. at the Cast Off
July 4, Saturday	*Independence Day & Parade
July 8, Wednesday	*MHA Board Meeting, 9:30 a.m. *Annual Meeting & Election of Board & Officers, 12:00 noon followed by Appreciation Luncheon and Installation of new Board

*These events depend on COVID-19 restrictions

Mammoth Hospital Auxiliary

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